

Seeking Support and Talking Therapy

Talking therapies can help you work out how to deal with negative thoughts and feelings and make positive changes.

They can help people who are feeling distressed by difficult events in their lives as well as people with a mental health problem.

The following information is to give you a better understanding on what talking therapies are, what can counselling help with and what happens in a counselling session.

What are talking therapies?

Talking therapies are treatments which involve talking to a trained professional about your thoughts, feelings and behaviour. There are many different types of talking therapy, but they all aim to:

- Give you a safe time and place to talk to someone who won't judge you
- Help you make sense of things and understand yourself better
- help you resolve complicated feelings, or find ways to live with them
- Help you recognise unhelpful patterns in the way you think or act, and find ways to change them (if you want to).

What can talking therapies help with?

Counselling can help you manage and cope with:

- Difficult life events, such as bereavement (losing someone close to you), or losing your job.
- Relationship problems.
- Upsetting or traumatic experiences.
- Difficult emotions, such as grief, guilt, sadness, confusion, anger and low self-esteem.
- Depression and anxiety.
- Other mental health problems. Talking therapies can help with a range of diagnoses, and specific talking treatments have been developed for some mental health problems.
- Long-term physical health problems.

- Some people think that therapy is an extreme option, and that unless things get really bad you should try to manage on your own. But this isn't true. It is ok to try therapy at any point in your life, whatever your background.

What happens in a therapy/counselling session?

Counselling can take different forms depending on your needs and what type of therapy may be suitable and clinically appropriate.

Most therapy takes place in planned, regular sessions. How often you see your therapist and how many appointments you have will depend on your individual circumstances.

You might meet them face to face in their home, offices or clinic, or talk to them online or over the telephone.

During a session, your therapist may take you through specific exercises designed to help with your problem, or you might have more general discussions about how you're feeling. What you talk about will vary depend on what you want help with and the therapist's approach. It could include:

- your relationships
- your childhood
- your feelings, emotions or thoughts
- your behaviour
- past and present life events
- situations you find difficult

Your therapist will be impartial but understanding. They will listen to you without judgment and help you explore your thoughts and emotions. They may offer information, but they won't tell you what you should think or do.

If you feel you may need some support, you can contact Care first. Care first is a leading provider of confidential, professional short term focussed counselling, information and advice services. All employees are eligible to use Care first, our services include; telephone counselling, information services and online support. Call Care first on the Freephone number provided by your organisation and you can speak to a professional in confidence.